What’s Inside?

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Squaxin Island Museum BAZAAR

November
11th, 9-5 & 12th 9-4
150 SE Kwuh-Deegs-Altxw

Looking for Native American vendors. Spaces are limited!
Reserve your space with Ruth Whitener
432-3841 rwhitener@squaxin.us

Sponsored by Squaxin Island Tourism Squaxin Island Museum, Library & Research Center

Friday, October 7
10am - 4pm
(closed 12pm - 1pm)

Squaxin Island Tribe Community Kitchen

Sign up online at: www.bloodworksnw.org/drives or call 1-888-288-7869
Reference Sponsor Code: 4177

Roll up a sleeve and help patients in need!

HALLOWEEN PARTY

Friday, October 28th
From 5-7pm at the Squaxin Gym

Please join us for some old fashion carnival games!

Wear your costumes!

Dinner will be served from 5-6:30pm

Have any questions, call Jerilynn at 432-3992

HALLOWEEN
PARTY

$5,000 CLOTHING CONTEST
Best in each category wins $500

$10 | With Players Club Card

LITTLE CREEK CASINO RESORT

SATURDAY | OCTOBER 29th | 9PM - 1AM

10 SE Squaxin Lane, Shelton, WA 98584

Return Service Requested

10 SE Squaxin Lane, Shelton, WA 98584

COMPLIMENTARY
**Updates from Council Members**

By Whitney Jones - Thanks to those of you who attended the Talking Circle last month; you got to hear an updated presentation from the Enrollment Office that gave some historical info, and highlighted current statistics and projects, and described what our tribal enrollment could look like in the future. It was a great informational piece pulled together by the Enrollment Committee which sparked a lot of discussion about the future of our tribe, and everyone agreed that those conversations need to continue and be expanded upon. We know that enrollment isn’t a topic that can be hashed out quickly or easily, so we are setting up a few more community meetings specifically about enrollment issues and you are encouraged to attend and give your thoughts.

Council did take steps to modify the moratorium on enrollments last month so children born to a tribal member, who also meet all the other eligibility requirements, can have paperwork submitted to be considered. Check in with Tammy to see if this change affects you or someone in your family. The Council will continue to discuss other potential changes to the moratorium and how that will affect our tribe and its membership in the coming months. It’s my goal to keep you as informed and engaged as possible on this topic and on other topics coming up -- that will have a significant impact on our tribe and community. Input from and dialog with the General Body helps guide us to make the most informed and most positive decisions that we can.

I am advocating, along with Vicki, to have additional community meetings, similar to the Talking Circles, more often. Whatever they end up being called, please consider joining us for some of them. The plan is to focus on a particular subject, like we did with enrollment, and announce ahead of time what it will be so you can attend if it interests you. More communication and information sharing can only be better for the unity and greatness of our tribe.

I can’t wrap up this month without mentioning one more very important thing… VOTE! When you get your ballot in the mail, fill it out and return it. Your vote is important, valuable, and NEEDED this election more than ever. Obviously the Tribe can’t tell you how to vote, but again this year we are sending around a summary of issues and candidates that could have a serious impact on our tribe and the future of our state and the nation. Look for that summary, review the issues, concerns and recommendations and please vote! There is so much at stake for Indian Country and the voting statistic show that Native voters can have a major influence when they get out and vote. If you have questions about the information sheet, candidates, or about voting in general, contact Ray Peters, who is acting as our Native Vote Coordinator.
Sally Johns

Sally Ann Johns was born on March 16, 1943 in the Seattle projects as the youngest of three to Marian Bagley, along with John Briggs and Lorna Gouin. Before she was a year old, all three were removed from their home, since they had been reported as abandoned. Although this wasn’t true - all the courts saw was a single Native woman - and the three children were placed with their paternal grandmother, Blossom Briggs. Sally ended up under the care of Blossom’s brother, Raymond Axtell, and his wife, Etta.

After graduating in 1961, Sally ran away to California with her older sister, Lorna. On their way down to Los Angeles, Lorna and Sally were in an accident that made them stop prematurely in San Francisco. They liked it there, and ended up moving in with an old neighbor and her friend. They didn’t have a lot of money, so Sally and Lorna would go to cocktail lounges with great buffets and stuff their pockets with food and order one drink, even though they were both under twenty-one. She would go to night clubs and coffee shops and drag shows and still dreamed of being a folk singer.

Sally worked in health clinics and cocktail waitressed until Etta became sick and she returned home. On May 17, 1968, Sally married Wally Norman. From then on, it was a time of ups and downs. In 1969, she found out she was pregnant, but the obstetrician told her that the baby was too small to live, and she had better go to where she could get her life together. She chose her parents, and moved into the same house she had grown up in to have her baby. Her and Wally were done. Sally had her baby girl on April 23, 1970, and Ray named her Rebecca Ray, Becky for short.

In late spring of 1971, Sally and Becky moved out into an apartment in Lake City. She was going to school at Seattle Central Community College, and it was there that she was introduced to the new Evergreen College in Olympia. She fell in love with it immediately. In September of 1973, Sally and Becky moved down to Olympia and she started attending Evergreen. It was around that time that Sally started reconnecting with her native side of the family.

They had taken a camping trip down the West Coast, and on the way back they stayed with their Aunt Clara on the Taholah Reservation. They taught her about her native roots, and Sally became involved with the Squaxin ISland Tribe. In 1974, she quit school and became the assistant for the tribe. She said that really “honored her creative writing skills,” as the grants they would deal with for the tribal government had one set of guidelines, but reality had another, and she would try to tie them together. She would also write speeches for leaders of the tribe at a time when everyone was fighting for fishing rights. Through her work, she helped advance education, housing, and fisheries for the Tribe.

At the same time, one of the ways Sally and Becky made a living was through fishing. Sally would take the boat out late in the afternoon with just the two of them and Becky’s puppy, Sam. It took two people: one would drive the boat, and the other would let out the net. Becky would have to be the driver at four years old, making sure not to lose course while at the same time making sure that Sally didn’t get tangled in the net and fall overboard. Everyone always made sure to keep an eye out for Sally and her little girl. It was through this that she met the love of her life. In 1983, Sally married Richard Johns, and they remained best friends until the end.

In 1993, Sally completed a master’s degree in social work from the University of Washington, which she used for mental health and trauma counseling at Evergreen and St. Peter Hospital. Even after her diagnosis of bipolar disorder, forcing her to retire, she still remained true to her passions. She was an active member of the Sundance family and created many beautiful works of art. Over the past few years she had returned to counseling, working at the Northwest Indian Treatment Center. On September 11th, 2016, she passed away after a four month battle with stage 4 metastatic colon cancer. She will always be remembered as a powerful guide in the community and a loving friend and Kaya, and she left this world as she lived in it: full of laughter.

Walking On

Lena Krise

Lena Krise left this earth August 5th. Her grandparents were Dave and Lena Krise and Bruce Van Brunt and Freida Waggone. She was the youngest child of Dave and June Krise. Lena Krise lived on the Squaxin Island Reservation for the first two years of her life and then moved with the family to their family home in Grapeview, WA. Lena is survived by her two brothers, Casey Krise and Tyrone Krise and her three “Sister Cousins” Angie Van Brunt, Reba Van Brunt and Leslie Van Brunt. She is survived by nephews, Elijah Joseph Krise and Julio Valencia, and nieces, Tamika and Keona Krise. Lena was a musician. She played at least 4 instruments, but her favorites were the flute and guitar. Lena played baseball for nine years. Lena graduated from Shelton High School and attended a few quarters in college at the Northwest Indian College in Lummi, Washington. Lena worked at the KTP and Little Creek Casino Resort.

She loved music; she loved to sing, and jam out. Lena loved animals, especially dogs and dogs loved her! Dogs always know good people! Lena Krise was a Daddy’s girl. She loved to hunt, fish and work outdoors. Lena participated in the Canoe Journey from its early beginning and she loved to sing and drum. Lena was a very strong spirit and spoke her mind! She truly loved her tribal people and never judged. She was a writer and a poet. She loved the arts.

June and George would like to thank everyone who made the services so beautiful! “We are so grateful for all the hands that helped, all the prayers and uplifting words.”
While life can be complicated, sometimes the simple solutions are the best ones, particularly when it comes to protecting your family from household hazards.

The “Change Your Clock, Change Your Batteries” program espouses that philosophy. For the 29th consecutive year, the campaign led by the Energizer brand and the International Association of Fire Chiefs, has reminded families of the life-saving habit of changing and testing the batteries in smoke alarms and carbon monoxide detectors when most of the country sets their clocks back at the end of daylight saving time. This year, that is Nov. 6.

A whopping 50 percent of home smoke alarms and carbon monoxide detectors have non-working batteries, according to the National Fire Protection Association.

“A home that contains smoke alarms and carbon monoxide detectors is only safer if these devices actually work,” says Michelle Atkinson, chief consumer officer, Energizer. “Testing your devices and updating their batteries are simple and critical steps to keeping your family comfortable and secure.”

Atkinson also points out that these days; many families rely on more than these traditional safety devices to protect their family and home. Investigate new smart devices and apps offering security and peace-of-mind, such as lights, locks and security systems that are connected to the Internet and your smartphone.

“Smart connected home technologies are keeping families safer, when operational,” says Atkinson. “Remember, these tools, along with flashlights and other home safety devices require reliable battery power as well.”

Take this opportunity to update batteries in all your devices that enhance home security and comfort.

Safety advocates say preparing your family is crucial. Make sure everyone, especially children, knows what your alarms and detectors sound like and what to do if they go off.

A critical yet simple safety practice is to keep flashlights with fresh batteries at your bedside for help in finding your way out of your house and signaling for help in the event of a fire or other emergency.

Also, keep a stash of high-quality 9V, C, D and AA batteries to power vital safety devices whenever necessary. For long-term protection, opt for batteries designed to prevent damaging leaks, like Energizer Max and Ultimate Lithium batteries.

More safety tips and resources can be found at energizer.com/homesafety.

Changing your clocks? Energizer reminds you to change your batteries, too. It’s easy, it’s simple, and it might just save a life.

**Protect Your Family from Fire, Carbon Monoxide and Other Threats**

**The Longhouse Annual Holiday Native Arts Fair**

Featuring the work of dozens of Native artists!

**Friday & Saturday, Dec. 9th & 10th, 2016**

**11am – 5pm**

at The Evergreen State College Longhouse

2700 Evergreen Parkway NW, Olympia, WA 98505

For more information, or to reserve a $75 vendor booth, contact Laura Grabborn: grabborl@evergreen.edu (360) 867-6413
Chris Koch, PGA - This summer Salish Cliffs Golf Club's PGA Professionals made it their goal to get tribal youth involved in the game of golf. Professionals, Rick Denholm, Brad Elzie and Chris Koch taught over 150 junior golfers through their involvement in Squaxin's spring break and summer youth programs. Rick, Brad and Chris used SNAG Golf equipment at the Rec Center to introduce the game and some basic swing fundamentals. SNAG uses oversized clubs, colorful tennis balls and Velcro targets that makes golf fun and interesting for all ages. In addition to the youth programs, Salish Cliffs also hosted a Tribal youth clinic led by Native American Professional golfer Alex Schulte of the Northern Ute Tribe.

Golf can open a lot of doors for juniors as they grow up and we would love to see more of the Tribe's youth take advantage and let our PGA Professional staff help get them to those doors.
Teen Center / CHUM Project
Laurel Wolff - The Chum Project partnered with Behavioral Health staff and DBHR Prevention and Wellness to put on a mini-retreat for the Squaxin teens at Great Wolf Lodge. On September 16-17th, 28 youth participated in the two-day event. The first day, youth participated in workshops lead by Behavioral Health counselors where they identified values that are important to them and talked about how living by those values can help them be happy in life. In another workshop teens discussed questions about relationships and what some red flags may be.

Day two of the retreat focused on self-care. Elizabeth Egan taught yoga in the morning and talked about stress relieving teas and herbal steams. Everyone was able to silk screen their own shirt with the DBHR logo designed by Taylor Krise. We finished off the weekend by going on the ropes course. The retreat was a lot of fun and everyone did a great job being engaged. Thanks to all the chaperones and people who helped make the retreat a possibility.

Remember to check out Youth Council on Thursdays 5:00 - 6:00 p.m. Everyone is welcome to participate; come realize your potential. Real Talk will happen again this month on October 25th. Real Talk is an opportunity to ask anonymous questions of Behavioral Health staff in a supportive environment. Ever wondered how to talk to your friend about being worried for them? Or how to talk to your parents about not feeling listened to? Or how to know if you are in a loving relationship? Come to Real Talk!

Afterschool Program
Jerilynn Vail - As we start up the afterschool program for a new school year, we'd like to remind everyone of a few things. Besides our monthly calendar in the Klah Che Min, we have extra copies of our calendars available for families. Stop by and pick up a copy if you'd like. Snacks are offered right after school, and a light meal is available from 4:00 - 4:45. We have assigned each youth a cubby for temporarily storing their backpacks, school books, etc., while at the afterschool program. If your youth has forgotten their cubby number, we have a list hanging up in the Rec Room. Our Rec Room phone is being replaced, so if you are trying to reach your child please contact me at 432-3992, or call Jaimie at 432-3958. Lastly, the elementary age Inter-Tribal League Basketball games will begin in November.

Higher Education
Mandy Valley - I hope everyone is off to a great start for the new college year. Please remember if you add or drop classes please notify me with the changes. It is important that your Higher Education file with the Tribe stays up to date during the school year. Also, if something in your file changes (e.g. address, phone number, or email address) it is your responsibility to notify me. You could miss important information if I don't have the correct information to reach out to you. As always if you have questions or concerns about higher education, or your tribal scholarship - please don't hesitate to stop in, email me at mvalley@squaxin.us, or call me at (360) 432-3882.
Tutor News

Julie Martinez - Ninth grade seems like it is still just Junior High and people keep telling you that your grades “count” but where is the proof? How can grades make that big of a difference when the halls, walls and teachers are still the same as eight grade? Fast forward to your junior year in high school and you are preparing to figure out the big picture. You have decided that you want to attend a university and are looking at course catalogues and offerings. This is where your GPA comes in and counts big time.

If you don’t have a 2.0 or greater GPA you cannot attend a four-year university without attending community college first - even if you are a basketball phenom who has been scouted by the UW and a scholarship was yours for the taking. By the time you are in your junior year your ability to make a positive impact on your GPA is extremely difficult. Your grades in freshman and sophomore year are very, very important.

Not everyone needs to attend a University right out of college to be successful, but doesn’t it make sense to have every option open to you as you decide which direction you want to head? Whatever path you decide to take after graduation is going to be easier if you have learned how to work hard, and held yourself to high standards. So don’t short change the importance of 9th grade. Attendance is important, grades are important, effort is important. The more effort you put out in 9th grade the smoother sailing you have ahead of you for the rest of your high school career. There are people who can help you if you feel frustrated or overwhelmed. Seek out the tribal tutors, utilize the afterschool homework help at the Tu Ha’ Buts Learning Center, talk with your teachers; there are a lot of people who want to help.

Here’s another way to think about the possibilities. The chart on the following page shows the average high school GPAs for those applicants that were accepted to several Washington colleges . . .
School          Average GPA
Central Washington University  3.4
Eastern Washington University  3.24
The Evergreen State College    3.11
University of Washington Seattle 3.76
University of Washington Tacoma 3.23
Washington State University     3.3
Western Washington University  3.42

This year three universities have adopted an automatic acceptance to students with certain GPAs. If you have a 3.4 GPA you are automatically accepted to Central Washington or Washington State Universities. If you have a 3.3 GPA Eastern Washington University will automatically accept you as an incoming student. Wouldn’t it be wonderful to not have to worry and wonder if you’ll get accepted?

GED Prep and Homework Support
Jamie Burris - School is starting back up. Do you need help with reading, writing, or math? Want help understanding your homework? I am here to help you with all of these needs! I am in the upstairs classroom in the education building Tuesday, Wednesday and Thursdays from 4:00 - 7:00 p.m.

Do you want to get your GED? How about help understanding what is on the GED test? Come up to the education building and begin your path of earning your GED. Come in to find out about the GED program, how to earn a GED and how I can help you on this journey. For more information, please contact me at jburris@mccleary.wednet.edu or go online at www.ged.com.

Squaxin Youth Education, Recreation and Activities Calendar

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<th>Monday</th>
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<td>Rec Rm: 3-6pm</td>
<td>Culture Night 5-6pm</td>
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<td>Open Gym: 4:30-6pm</td>
<td>Jr/HS Bball: 3:30-4:30pm</td>
<td>Arts-n-Crafts: 5-6pm</td>
<td>Crafty Kitchen: 5-6pm</td>
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<td>10</td>
<td>Rec Rm: 3-6pm</td>
<td>Bully Prevention: 5-6pm</td>
<td>Rec Rm: 3-6pm</td>
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<td>31 SSD-No School</td>
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<td>Open Gym: 10-6pm</td>
<td>Rec Rm: 3-6pm</td>
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<td>Open Gym: 3-6pm</td>
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<td>After School Snacks: Computer Lab:</td>
<td>M-F 3-4:45pm</td>
<td>M-Th 3-7, F 3-5pm</td>
<td>WHL = Wa-He-Lut Indian School</td>
<td></td>
</tr>
<tr>
<td>Sylvan: Homework Help, GED Prep:</td>
<td>M-Th 4:30-6:30pm</td>
<td>T-TH 4-7pm</td>
<td>SSD = Shelton School District</td>
<td>High School: 9-12 Grade</td>
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<td>GSD = Griffin School District</td>
<td>Middle School: 6-8 Grade</td>
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</tbody>
</table>

ER = Early Release: 
WHL = Wa-He-Lut Indian School
SSD = Shelton School District
GSD = Griffin School District

All activities are drug, alcohol and tobacco free.
THE SQUAXIN TRIBAL GARDEN

Community

Photos: Making Applesauce

HARVEST PARTY
FUN FOR THE WHOLE FAMILY
AT THE SQUAXIN TRIBAL GARDEN

October 8, 2016 11:00 am—2:00 pm
541 State route 108 Shelton WA, 98584
Join us for a meal that features Squaxin Tribal Garden grown produce and traditional foods harvested by tribal members!

Fresh Apple Cider! Feel free to bring additional apples to press.

PIE CONTEST!
Bring your favorite homemade pie for a SPECTACULAR prize.

Squash Seed Spitting Contest
Elk Chili
Zucchini Lasagna
Rose hip jam
Mountain Huckleberry Apple Crisp
And Much More!

Face Painting
Games

For additional information please contact Aleta Poste 360-791-1797
Fall Back, Not Down

Spring forward, fall back. When fall arrives, Daylight Savings Time ends.

**November 6th is the date to remember to turn your clocks back an hour.**

“Fall” is something most animals do not want to do. Birds have a special talent in this area.

When animals sleep, most of them lay down for their nap, or curl up to sleep. Not birds. They sleep standing up. But how do they get their rest and not fall while asleep?

The deeper the sleep of a bird, the less likely he is to fall. The grip of the bird’s claws is controlled by a long tendon that runs along the back of the bird’s leg.

The more the tendon stretches, the tighter the claw’s grip. As the bird relaxes into deep sleep, the legs bend and the tendon stretches, tightening his grip on the perch.

From Gus, the doggy guy

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The Community Garden Program will be working with the First Nations Development Institute: Seeds of Native Health, and John Hendrix Director of Economic Development from the Mississippi Band of Choctaw Indians to hold a planning session with key stakeholders from the Squaxin Island Tribal Businesses and tribal community to gather input and develop the outline for a Long Range Strategic Plan for the Local Sustainable Food and a Traditional Medicine System.

Please join us to contribute your ideas and input for the future of the Squaxin Tribal Garden. Space is limited to 30, so please RSVP.

**October 4 from 12:00-4:00**

Lunch will be served

To RSVP please contact Garden Program Manager Aleta Poste at 360-791-1797

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Strategic Planning Session:
Sustainable Food and Traditional Medicine System
At Squaxin Island
October 4, 2016
At
The Community Kitchen
Another Successful Dog Vaccination Clinic!!!

The third annual dog vaccination clinic held on September 10th was a huge success with 33 dogs and their owners in attendance. Each pet received vaccinations for rabies and distemper, deworming treatment and topical flea medicine. All services combined would have cost at least $75 per dog but instead owners received all services free of charge. This is thanks to support from Rez Animal Resources & Education and the Squaxin Island Tribe, Office of Housing.

Dr. Bob Gilpin of Boulevard Veterinary provided the service to the dogs. He completed a brief medical exam on each dog and talked with owners about any medical concerns or needed follow-up treatment. Pet owners were given free dog food, dog treats and toys. Volunteers and veterinary staff kept very busy as the steady stream of dogs arrived for services. At the end of the day everyone agreed the event was a resounding success. Many pets on the rez are now protected from deadly viruses such as parvo, distemper and rabies.

Remember, pets need to be vaccinated once a year against distemper/parvo and two years in a row for rabies and then every three years thereafter. Flea treatment should be given monthly especially in the summer. Special thanks to Amy Loudermilk and Joyce Bell of Rez Animal Resources & Education (RARE) for continuing to help pets on the rez.

If you need to get your pet (dog or cat) spayed or neutered please contact the Office of Housing for a voucher. With the voucher you will only pay $5 for the spay/neuter procedure at the veterinary clinic. This is an awesome service that helps control the pet population and also keeps your pet healthy. For more information please contact Rez Animal Resources & Education at (253) 370-6392.
How to Help Your Loved One Move Past Suicidal Thoughts

Squaxin Island Behavioral Health Outpatient Program - Last month our Program published an article in the Klah-Che-Min titled “What to do when someone you love is suicidal.” We said that there are two major barriers that keep suicidal people from seeking help: 1) the stigma that suicidality is their fault and 2) that people don’t know how to listen to them. We also said that you can help get rid of stigma by telling them that their suicidal thoughts are not their fault, and that you can listen by repeating what you hear them say, and asking questions that require them to keep talking.

When a person has suicidal thoughts they don’t know why they’re having them or how to get them to stop. If you’ve already helped them to know it’s not their fault, and have listened well, your loved one may be more likely to turn to you when they’re feeling suicidal. There are two things you can do to help them get through these moments: 1) help them figure out what problem triggered the suicidal thoughts, and 2) help them solve the problem.

People with suicidal thoughts avoid problems without knowing it. They haven’t learned how to identify and solve these problems. They may be doing fine one minute, then the next minute face a problem that causes them to suddenly feel like killing themselves. They don’t know why they suddenly feel this way. You can help by helping them figure out the problem and then solve it.

First, listen to the entire situation. Keep listening and asking questions until you can repeat it back and understand thoroughly. Avoid asking “why.” Instead use “How do you think this came about?”

Help them find the core problem. Check and see if you’re right by saying, “It sounds like the core issue may be…does that sound right?” Though they don’t know the core issue, once you say it, they usually know right away. Keep trying until you get it right.

Next, brainstorm different ways to approach the problem. Ask, “What do you think you will do about…?” If they don’t know, ask them if they’ve had this problem in the past. If they have, then have they ever addressed it in a way that worked? If yes, encourage them to do it again. If no, help them identify why it didn’t work so they don’t keep trying to do that same thing again. Give suggestions only after asking if they want them.

Helping your loved one identify problems and solve them will help them strengthen their ability to do it on their own. At first, they may rely a lot on other people to help them problem-solve, but over time they will be able to do it on their own so that suicidal thoughts come less and less frequently. For more information on this topic, watch for next month’s article: “How to know if your loved one is suicidal.”

The Squaxin Island Behavioral Health Outpatient Program has mental health counselors and a chemical dependency counselor available to help. Call 360-426-1582 to set up an appointment or stop in at 100 SE Whitener Road, Shelton.

Think 'Where, Who, When' for Weight Loss

Article submitted by Traci Lopeman, Outreach Specialist (from Dr. Oz and Dr. Roizen, MDs)

Try the three Ws — where, with whom, and when — for your winning weight-loss effort.

Where: Eating at home is associated with eating less fat and fewer added sugars and syrups. And undistracted mealtimes (no TV or digital devices) create more mindful eating, so you don’t overeat.

With Whom: Family dinnertimes can reduce the risk of obesity for adults and children. For lunch, eat with folks who are nutrition-minded; it makes smart choices easier.

When: Establish an eating schedule. Constant grazing (a formerly advocated eating style) leads to a bigger waist size.

Eat breakfast, and have lunch around the same time daily. Consider trying a five-days-a-month reduced-calorie eating plan.

Eat home-cooked meals, and allow three hours between dinner and bedtime. An erratic eating schedule may mess up your body clock (circadian rhythm) and interfere with appetite control, metabolism of fat, and cholesterol and glucose levels — big risks for obesity and heart disease.

More study is needed to quantify precisely the effects of erratic eating schedules, but we’re confident that a calm, orderly eating routine provides big health benefits.

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Clinic Events

Cancer Support Group
October 10th

Mammogram Day
October 27th

Brief Community Walk
Every Monday at 12:30 p.m.
Elder’s Building after lunch

Health Promotions
Work out alone, with us or schedule a time for a group

Smart Shopping/ Food Label Workshops
Contact Patty to schedule
360-432-3929

Have a Healthy Halloween!

Looking Forward Together: A Harvest Gathering of Health and Wellness

Are you a Tribal community member from Chehalis, Nisqually, Shoalwater Bay, Sicolomish and Squaxin Island who receives or needs health and wellness program services such as Elders, Healthy Family Program participants, WIC Families participants, Tribal TANF families, EFAP and Weatherization clients, Native Women’s Wellness Program patients and other reservation-based services?

Are you a caregiver for a Tribal member who needs or receives health & wellness services?
Are you a service provider to Tribal members?

Please join in an intertribal gathering to share ideas, resources, needs and lessons to guide future SPIPA consortium-based projects on:
Wednesday – October 26, 2016 – 9:30am to 2:30pm
Community Kitchen at Kamiache (Squaxin Island)

Child Care & Lunch Provided! Great Giveaways!

Limited registration, call now to save your seat: (360) 426-3990

South Puget Intertribal Planning Agency

Since They Can’t Talk, Babies Cry. Babies cry for many reasons. Be a detective to figure out what your baby wants to tell you. Here are some ideas:

Hungry babies will do many things to tell you they are hungry. Sometimes they cry, but not always. If babies are crying, but not doing all of the other things that mean they are hungry, you should probably look for something else to make the baby feel more comfortable.

- Bring their hands to their face
- Clench their hands
- Flex their arms & legs
- Root
- Make sucking motions & noises

Babies cry for many reasons other than hunger. They may just want something to be different. Examples include:

- Too hot or cold
- Lonely or tired
- Upset by too much noise, too many people, or too bright of lights
- Uncomfortable with a wet or dirty diaper, clothes too tight, too much time in the car seat, just needs a break from activity, etc.

Crying won’t always mean your baby is hungry. Babies are hard to understand at first, but it gets easier!

The average 6-week-old baby cries for about 2 hours per day.
Babies cry less & less as they get older.

For more Baby Behavior Info,
Contact WIC with SPIPA 360.462.3224

When babies are hungry they:

- Bring their hands to their mouths
- Suck on things
- Make tight fists over their tummies
- Are awake and alert

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**Tobacco Cessation Program News**

Bobbie Bush - There were three successful people who quit smoking cigarettes last month. This is a start, but not good enough. Therefore, the American Lung Association’s “Freedom from Smoking,” curriculum will be offered to Tribal and community members three times a week beginning November 1, 2016. The schedule has been included for you to review and plan your release of nicotine addiction and quit now, if you need or want to quit.

If a person begins the eight week session and follows the curriculum, that person should be tobacco free for the most of the holidays and have a new freedom from smoking lifestyle as the New Year begins.

In addition to the two times a week that the “Freedom from Smoking,” curriculum is offered for adults, one day a week will include the “NOT,” Not on Tobacco Cessation curriculum for teens. This will be from 3:15 to 4:15 PM on Wednesdays in the Community Kitchen.

Our program is researching incentives for people who successfully quit tobacco and vape pens, please check with Bobbie for more information by email bbush@squaxin.us or call 360-432-3933.

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Wednesdays</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>After Work Nicotine Release</strong></td>
<td><strong>While at Work Nicotine Release</strong></td>
</tr>
<tr>
<td>5 PM to 7 PM Health Promotions Food Bank Building</td>
<td>11:30 AM to 1:30 PM</td>
</tr>
<tr>
<td>“NOT” Not on Tobacco Teen Tobacco Cessation</td>
<td><strong>Community Kitchen</strong> 3:15 to 4:15</td>
</tr>
<tr>
<td>November 1</td>
<td>November 2</td>
</tr>
<tr>
<td>November 8</td>
<td>November 9</td>
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<td>November 15</td>
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<td>December 13</td>
<td>December 14</td>
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<tr>
<td>December 20</td>
<td>December 21</td>
</tr>
</tbody>
</table>

**Squaxin Island Tobacco Cessation Program**

**Community Outreach Event and Dinner**

**Thursday**

**November 17, 2016**

**5 PM to 8 PM**

**“Great American Smoke Out”**

Learn about release of Commercial Tobacco and Nicotine Addiction, eat good healthy food, receive incentives, win a raffle prize.

**Squaxin Island Community Kitchen**

Call Bobbie Bush, 360-432-3933 for more info.
Check the chart on the next page for your approximate BMI value. Overweight is defined as a BMI of 25 to 29.9; Obesity is defined as a BMI equal to or greater than 30.

Do you know your BMI (Body Mass Index) number?

- There are two ways to determine if someone is overweight or obese. These are body mass index (BMI), and waist circumference. What Does Your BMI Number Mean?

- BMI is a measure of your weight relative to your height. It gives an approximation of total body fat—and that’s what increases the risk of diseases that are related to being overweight.

- A waist measurement of more than 35 inches in women and more than 40 inches in men is high. Carrying too much fat around your waist increases your risk for diseases.

Finding Your Target Weight

- Being overweight or obese increases your risk of developing high blood pressure.

- In fact, your blood pressure rises as your body weight increases.

- Losing even 10 pounds can lower your blood pressure.

- Overweight and obesity are also risk factors for heart disease, diabetes & cancer.

Lower Your Risk For Heart Disease, Diabetes and Cancer: If you fall in the obese range according to the guidelines, you are at increased risk for heart disease, diabetes and cancer and need to lose weight.

Lose weight slowly to be successful in the long run:

- Lose no more than 1/2 pound to 2 pounds a week.

- There’s no magic formula for weight loss. You have to eat fewer calories than you use up in daily activities

Body Mass Index? (BMI)

A high BMI is associated with disease such as diabetes, heart disease and cancer.

The goal for healthy living is to keep your BMI in the normal range (19-24).

What does your BMI number mean?

<table>
<thead>
<tr>
<th>Normal</th>
<th>Underweight</th>
<th>Overweight</th>
<th>Obese</th>
<th>Severely Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24</td>
<td>&lt;19 for women</td>
<td>25-29</td>
<td>30-39</td>
<td>&gt;40</td>
</tr>
<tr>
<td></td>
<td>&lt;20 for men</td>
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<td></td>
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</tr>
</tbody>
</table>

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# Health Clinic

## Weight in Pounds (lbs)

| HEIGHT IN FEET | 120  | 130  | 140  | 150  | 160  | 170  | 180  | 190  | 200  | 210  | 220  | 230  | 240  | 250  | 260  | 270  | 280  | 290  | 300  | 310  | 320  | 330  |
|----------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 4'5"           | 30   | 33   | 35   | 38   | 40   | 43   | 45   | 48   | 50   | 53   | 55   | 58   | 60   | 63   | 65   | 68   | 70   | 73   | 75   | 78   | 80   | 83   |
| 4'6"           | 29   | 31   | 34   | 36   | 39   | 41   | 43   | 46   | 48   | 51   | 53   | 56   | 58   | 60   | 63   | 65   | 68   | 70   | 72   | 75   | 77   | 80   |
| 4'7"           | 28   | 30   | 33   | 35   | 37   | 40   | 42   | 44   | 47   | 49   | 51   | 54   | 56   | 58   | 61   | 63   | 65   | 68   | 70   | 72   | 75   | 77   |
| 4'8"           | 27   | 29   | 31   | 34   | 36   | 38   | 40   | 43   | 45   | 47   | 49   | 52   | 54   | 56   | 58   | 61   | 63   | 65   | 68   | 70   | 72   | 74   |
| 4'9"           | 26   | 28   | 30   | 33   | 35   | 37   | 39   | 41   | 44   | 46   | 48   | 50   | 52   | 54   | 56   | 58   | 61   | 63   | 65   | 67   | 69   | 72   |
| 4'10"          | 25   | 27   | 29   | 31   | 34   | 36   | 38   | 40   | 42   | 44   | 46   | 48   | 50   | 52   | 54   | 56   | 58   | 60   | 63   | 65   | 67   | 69   |
| 4'11"          | 24   | 26   | 28   | 30   | 32   | 33   | 36   | 38   | 40   | 43   | 45   | 47   | 49   | 51   | 53   | 55   | 57   | 59   | 61   | 63   | 65   | 67   |
| 5'0"           | 23   | 25   | 27   | 29   | 31   | 32   | 35   | 37   | 39   | 41   | 43   | 45   | 47   | 49   | 51   | 53   | 55   | 57   | 59   | 61   | 63   | 65   |
| 5'1"           | 22   | 24   | 25   | 27   | 29   | 31   | 33   | 35   | 37   | 39   | 41   | 43   | 45   | 47   | 49   | 51   | 53   | 55   | 57   | 59   | 61   | 63   |
| 5'2"           | 21   | 23   | 25   | 27   | 29   | 31   | 33   | 35   | 37   | 39   | 41   | 43   | 45   | 47   | 49   | 51   | 53   | 55   | 57   | 59   | 61   | 63   |
| 5'3"           | 20   | 22   | 24   | 26   | 28   | 30   | 32   | 34   | 36   | 38   | 40   | 42   | 44   | 46   | 48   | 50   | 52   | 54   | 56   | 58   | 60   | 62   |
| 5'4"           | 19   | 21   | 23   | 25   | 27   | 29   | 31   | 33   | 35   | 37   | 39   | 41   | 43   | 45   | 47   | 49   | 51   | 53   | 55   | 57   | 59   | 61   |
| 5'5"           | 18   | 20   | 22   | 24   | 26   | 28   | 30   | 32   | 34   | 36   | 38   | 40   | 42   | 44   | 46   | 48   | 50   | 52   | 54   | 56   | 58   | 60   |
| 5'6"           | 17   | 19   | 21   | 23   | 25   | 27   | 29   | 31   | 33   | 35   | 37   | 39   | 41   | 43   | 45   | 47   | 49   | 51   | 53   | 55   | 57   | 59   |
| 5'7"           | 16   | 18   | 20   | 22   | 24   | 26   | 28   | 30   | 32   | 34   | 36   | 38   | 40   | 42   | 44   | 46   | 48   | 50   | 52   | 54   | 56   | 58   |
| 5'8"           | 15   | 17   | 19   | 21   | 23   | 25   | 27   | 29   | 31   | 33   | 35   | 37   | 39   | 41   | 43   | 45   | 47   | 49   | 51   | 53   | 55   | 57   |
| 5'9"           | 14   | 16   | 18   | 20   | 22   | 24   | 26   | 28   | 30   | 32   | 34   | 36   | 38   | 40   | 42   | 44   | 46   | 48   | 50   | 52   | 54   | 56   |
| 5'10"          | 13   | 15   | 17   | 19   | 21   | 23   | 25   | 27   | 29   | 31   | 33   | 35   | 37   | 39   | 41   | 43   | 45   | 47   | 49   | 51   | 53   | 55   |
| 5'11"          | 12   | 14   | 16   | 18   | 20   | 22   | 24   | 26   | 28   | 30   | 32   | 34   | 36   | 38   | 40   | 42   | 44   | 46   | 48   | 50   | 52   | 54   |
| 5'12"          | 11   | 13   | 15   | 17   | 19   | 21   | 23   | 25   | 27   | 29   | 31   | 33   | 35   | 37   | 39   | 41   | 43   | 45   | 47   | 49   | 51   | 53   |
**Health Clinic**

**Food Distribution Program**

Many people have misconceptions about the food offered by the SPIPA Food Distribution Program. It's definitely not just about the cheese now days, although we do still offer that! There are more frozen meats and season fruits and produce being offered now than ever before.

**Frozen Meats**
- Whole Chicken
- Bison/Buffalo
- Ground Beef
- Roast Beef
- Chicken Breasts
- Pork Chops
- Ham

**Fresh Veggies**
- Romaine Lettuce
- Green Beans
- Onions
- Carrots
- Celery
- Cabbage
- Broccoli

**Fresh Fruits**
- Apricots
- Peaches
- Pears
- Oranges
- Grapefruits
- Lemons
- Apples

**Dry**
- Dry Beans
- Cereal
- Oatmeal
- Crackers
- Mixed Fruit & Nuts
- Roasted Peanuts
- Macaroni and Cheese

**Dairy**
- Block Cheese
- Sliced Cheese
- 1% Milk
- Butter

**Ingredients**
- Dry Milk
- Egg Noodles
- Rice
- Spaghetti Noodles
- All-purpose Flour
- Cornmeal
- Bakery Mix

**Canned**
- Spaghetti Sauce
- Tomato Sauce
- Beans
- Beef Stew
- Soups
- Refried Beans
- Fruit Juices

We now have better food options!
Here is a partial list of what is available.

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**2016 Intertribal Breast Cancer Awareness Walk**

Hosted by Squaxin Island Tribe

Saturday, October 15, 2016
10am - 2pm

Squaxin Island’s Community Kitchen
50 SE Squaxin Lane, Shelton, WA 98584

Registration will start at 10:00 am
Opening Prayer 10:30 am
Walk Begins 10:45 am
Lunch to follow after the walk

Cancer Survivor Speaker at 12:45 pm
Honoring Breast Cancer Survivors

For questions, please contact your local NWWP Outreach Specialist

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If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island or Port Gamble S’Klallam Tribes, you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify.

Please call the SPIPA Food Distribution Warehouse at 360-438-4216

Monday - Friday between the hours of 8:00am til 4:00pm and one of our staff will be happy to assist you in applying for this program.

Serving: the Confederated Tribes of the Chehalis Reservation, Nisqually Indian Tribe, Port Gamble S’Klallam Tribe, Skokomish Indian Tribe and Squaxin Island Tribe.
We would like to remind everyone of information that is important for your Purchased Referred Care (PRC) formally known as Contract Health Services (CHS).

If you do not have any medical insurance, it is required by PRC rules that you apply for alternate resources, for us that includes ProviderOne (Medicaid), even if you feel that you would not be eligible. PRC must show proof of acceptance or denial. You can make an appointment with Jaclyn Meyer at the front desk at Squaxin Island Health Clinic and she will help you get signed up with ProviderOne (Apple).

Even though you may already have a Primary Insurance such as Group Health Options, Medicare or First Choice, etc., you can still sign up for ProviderOne and you may be eligible, giving you Double Medical Coverage.

Another issue that has been brought to our attention is co-pays, deductibles, co-insurance and RX payments to Group Health. If you are seen at Group Health for any emergency, pregnancy or for care that cannot be obtained at our clinic, you will need to pay any out of pocket costs. We are unable to coordinate PRC benefits with Group Health, thus requiring you to pay instead of obtaining a purchase order. You may be eligible to have these out of pocket costs reimbursed. Once you have paid, submit the receipt to Tootsie at PRC in a timely manner. Once she has established if you are eligible, she will be able to submit a request to have you reimbursed for these out of pocket costs.

**Remember to call to get your Purchase Orders.**

- If you are PRC eligible and you have an appointment, lab work or x-rays outside of our clinic, you must obtain a Purchase Order before your appointment.
- If our clinic makes arrangements for an appointment, it is still YOUR responsibility to obtain a Purchase Order.
- All Purchase Orders are for the date of the appointment only.
- If your appointment is Rescheduled or Cancelled, REMEMBER it is YOUR RESPONSIBILITY to call for a new Purchase Order.
- Also, it is wise to call ahead of time instead of on the day of your appointment.

**You can get a Purchase Order from Tootsie by calling 360-432-3922.**

You are always welcome to call Tootsie if you have any questions about how PRC or what the rules and regulations are.
Our First Diabetes Clinic at Squaxin Island Tribe!
Submitted by Patty Suskin, Diabetes Coordinator - Thank you to all who attended and volunteered to make this event a fun afternoon! Over 10 participants attended the three hour event that included group educational sessions, individual counseling and healthy food demonstrations! The goals of the Diabetes Clinic were both educational and to support one another.

SPIPA comprehensive cancer control program staff provided water infused with fruit in take-home individual water infusers.

After a brief video explaining diabetes, Dr. Ott discussed diabetes complications and answered questions.

Key points:
• Diabetes is a blood vessel disease, not just blood sugar.
• Complications can be avoided or postponed by keeping blood sugar in line.
• Everyone needs 150 minutes of physical activity a week.
• Move more- get up every 30-90 minutes from your desk.
• Ideally, everyone with diabetes should be seen every 3 months to check in with the clinic staff.

Patty and volunteers prepared some low carb tasty foods with a spiralizer: zucchini slaw, basil pesto with zucchini (instead of pasta) and zucchini and marinara sauce.

While some of the group enjoyed the Lummi paddling exercise, others rotated to see Dr. Ott, Pam & Patty. Participants left with a colorful insulated grocery bag, a spiralizer, water infuser, and zucchini.

When asked “what did you like best,” participants responded:
“Seeing all of the others with diabetes.”
“They had good questions and concerns.”
“IT was a pleasant atmosphere.”
“Socializing with others with diabetes.”
“All of it! It was informative and open for questions.”
“I found this clinic to be very worthwhile and informative.”

Most of the participants said they would like to attend a similar Diabetes Clinic at least once every three months or annually.

For more information about future diabetes clinics and diabetes related events, contact Patty Suskin at: 360-432-3929.
October Happy Birthdays

1 Carmen Dee Orsillo
   Donna Penn
   Jess Travis Ehler
   Shirley Marie Monahan

2 Adam Wade Mowitch
   Joshua G. Smith
   Thailer Budd Vilter Jr.

3 Larry Douglas, McFarlane, Jr.
   Sharen I. Ahrens

4 Savannah R. Fenton

5 Beth Ann Robinson
   Lydia Ann Buffington

6 Lorenzo A. Solano
   Nicole Lee Seymour
   Steven Robert Sigo, Jr.

7 Jeremiah Micah Schlottmann
   Michael Shawn Todd
   Russell Lane Pleines
   Shiloh Ann Henderson

8 Christina E. Price
   Clara Rose Seymour-Luby
   Danielle Charlene Whitener
   Micha Frankie - James Roberts
   Shanika Rose D. Cooper

9 Alea Lynn Janine Shea
   Audelía Marie Araiza
   Elizabeth Ann Perez
   Theresa J. Davis

10 Addison Yvette Peters
    Colton Jeffery Gott
    Mathew Anthony Nelson
    Ronald Day, Jr.

11 Christina Smith Claridy
    Ernest Leonard Pluff Jr.
    Kade Benavente Whitener
    Owen David Dorland
    Susan Ann Clementson

12 Jericho Lon Hartwell
    Julian Sorin Hawk Masoner
    Steven Robert Sigo

13 Savannah R. Fenton

14 Bobbi L. Filipetti
    Leo Eugene Henry Jr.
    Troy Tye Baxter

15 Charles Ormond Lacefield
    Kelly Leanne Davis
    Mitchell Elliot Coxwell
    Ruth Branch James
    Wilson Charles Johns

16 Anthony Raymond James
    Danielle Lyne White
    Peter William Kruger Sr.

17 Erik Jason Johnson

18 Christina E. Price
    Clara Rose Seymour-Luby
    Danielle Charlene Whitener
    Micha Frankie - James Roberts
    Shanika Rose D. Cooper

19 Christine ‘Thompson
    ‘Trelace’ Rose Sigo

20 Jacey Cruz Gonzales
    Michael Sheldon Henderson, Jr.

21 Bear Jon Lewis
    Draven Brown
    Giovanni Xavier Solano
    Leroy Yocash Jr.
    Sean Robert Spezza

22 Anthony Raymond James
    Danielle Lyne White
    Peter William Kruger Sr.

23 Erik Jason Johnson

24 Daren David Brownfield
    Marjorie S Hill
    Roger Allen Turner Ford
    Rolayno Jay Charters
    Rose Ann Davis

25 Cloe’ Angelique Martin
    Donna Jean Baker
    Erika Ada Poste

26 Kasia Lee Seymour
    Lisa Marie James
    Selah George Thale

27 Dione L. Johnston
    Ellen M. Davenport
    Grace A. Scout
    Mario Lee Rivera

28 Andrew Stephen Crone

29 Adrian James Garcia
    Arthur Barragan
    John Edward Krise
    Mariano C. Bello
    Marvin Stanley Henry, III
    Ronnie Patrick Johns
    Zackary Taylor Sayers

30 Carie Ann Kenyon
    Tori Anne Willis

31 Hayden Joseph Seymour
    Marvin Stanley Henry, Jr.
    Sam Emilio Luby
    Tanya Gaylene Anderson
    Tarvail Roy Garcia
    Wilma Moneaka Morris
## Committees, Commissions & Boards With Infrequent Meeting Times

<table>
<thead>
<tr>
<th>Committee and Commissions</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
<td>Arnold Cooper, Vince Henry, Vicki Kruger</td>
<td>None</td>
<td>Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Elections Committee</td>
<td>Jim Peters</td>
<td>Kris Peters</td>
<td>March, April, May</td>
</tr>
<tr>
<td>Explorers Program Committee</td>
<td>None</td>
<td>Tammy Ford</td>
<td>May and June</td>
</tr>
<tr>
<td>Fireworks Committee (TC 6.04.040)</td>
<td>Charlene Krise</td>
<td>Rene Klusman</td>
<td>Not yet determined</td>
</tr>
<tr>
<td>Gathering Committee</td>
<td>None</td>
<td>Rhonda Foster</td>
<td>Not currently meeting</td>
</tr>
<tr>
<td>Law Enforcement Committee, Law and Order</td>
<td>None</td>
<td>Kevin Lyon</td>
<td>June and August</td>
</tr>
<tr>
<td>Veterans’ Committee</td>
<td>Vicki Kruger</td>
<td>Glen Parker</td>
<td>As needed</td>
</tr>
<tr>
<td>Budget Commission</td>
<td>None</td>
<td>Kris Peters</td>
<td>Sept., Dec., March, June</td>
</tr>
<tr>
<td>Business Administration Board (TC 6.24.010)</td>
<td>Arnold Cooper, Vicki Kruger, Charlene Krise</td>
<td>Travis Nabahe, IEI</td>
<td></td>
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<tr>
<td>Little Creek Oversight Board (TC 2.26.010)</td>
<td>David Lopeman</td>
<td>David Lopeman</td>
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<tr>
<td>Museum Library and Research Board</td>
<td>David Lopeman</td>
<td>Charlene Krise</td>
<td></td>
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<tr>
<td>Tourism Board (TC 2.34.010)</td>
<td>Arnold Cooper</td>
<td>Leslie Johnson</td>
<td></td>
</tr>
<tr>
<td>Island Enterprises Board</td>
<td>David Lopeman</td>
<td>Travis Nabahe</td>
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</tr>
</tbody>
</table>

If you are interested in an opportunity to meet with a Committee, Commission or Board please contact the staff representative to be placed on the agenda and for meeting time and location. Every spring Tribal Council considers vacancies for the Committee, Commission and Boards. If you are interested in becoming a member please submit your written request to: Melissa Puhn, Executive Secretary for Tribal Council | mpuhn@squaxin.us | 10 SE Squaxin Lane, Shelton WA 98584.

## What's Happening

<table>
<thead>
<tr>
<th>OysterFest</th>
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</thead>
<tbody>
<tr>
<td>Drum Group every Tuesday</td>
<td></td>
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<tr>
<td>AA &amp; ALANON every Wednesday</td>
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</tbody>
</table>

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<tr>
<th>2</th>
<th>3</th>
<th>4</th>
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<th>6</th>
<th>7</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Chairman’s Challenge Golf Tournament</strong></td>
<td><strong>Community Garden Planning Session</strong></td>
<td>Elders Committee</td>
<td><strong>Utilities Commission</strong></td>
<td><strong>Family Court</strong></td>
<td>Housing Commission</td>
<td><strong>Tribal Council</strong></td>
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<tr>
<td><strong>Enrollment Committee</strong></td>
<td><strong>Criminal/Civil Court</strong></td>
<td><strong>Golf Advisory Committee</strong></td>
<td><strong>SPIPA Board of Directors</strong></td>
<td><strong>Tribal Council</strong></td>
<td>Education Commission</td>
<td><strong>Breast Cancer Awareness Walk</strong></td>
</tr>
<tr>
<td><strong>Safe Streets</strong></td>
<td><strong>Gaming Commission</strong></td>
<td><strong>Tribal Council</strong></td>
<td><strong>TLC Halloween Party</strong></td>
<td><strong>LCCR Halloween Party</strong></td>
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<tr>
<td><strong>Tobacco Board of Directors</strong></td>
<td><strong>SPIPA Harvest Gathering of Health &amp; Wellness</strong></td>
<td><strong>Tribal Council</strong></td>
<td><strong>TLC Halloween Party</strong></td>
<td><strong>LCCR Halloween Party</strong></td>
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</tbody>
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**Community**

### Elders Menu

*Fruit and salad at every meal*

**3rd - 6th**

**MONDAY:**
- Spaghetti, garlic toast, corn

**TUESDAY:**
- Clam chowder, fry bread

**WEDNESDAY:**
- Chicken breast and stuffing, green beans

**THURSDAY:**
- BBQ Country pork ribs, potatoes, coleslaw

**10th - 13th**

**MONDAY:**
- Beef stroganoff, broccoli & carrots

**TUESDAY:**
- Homemade chili, corn bread

**WEDNESDAY:**
- Taco Pie

**THURSDAY:**
- Roasted chicken quarters, rice, corn on the cob

**17th - 20th**

**MONDAY:**
- Chicken enchiladas, Spanish rice, refried black beans

**TUESDAY:**
- Hamburger soup, rolls

**WEDNESDAY:**
- Geoduck fritters, broccoli, rice pilaf

**THURSDAY:**
- Casino Night

**24th - 27th**

**MONDAY:**
- Indian Tacos, tapioca pudding

**TUESDAY:**
- Chicken noodle soup, egg salad sandwiches

**WEDNESDAY:**
- Hot turkey sandwiches, mashed potatoes and gravy, veggies

**THURSDAY:**
- Salmon, fried oysters, roasted red potatoes, steamed spinach

**31st**

**MONDAY:**
- Baked hamburgers, macaroni salad, baked beans,
ANNOUNCEMENT

Family Services has taken over the food bank contact is Viola Engel (360) 390-4044.

Where: located across from the clinic
When: every Friday
Time: 8 to 12 and 1-3pm